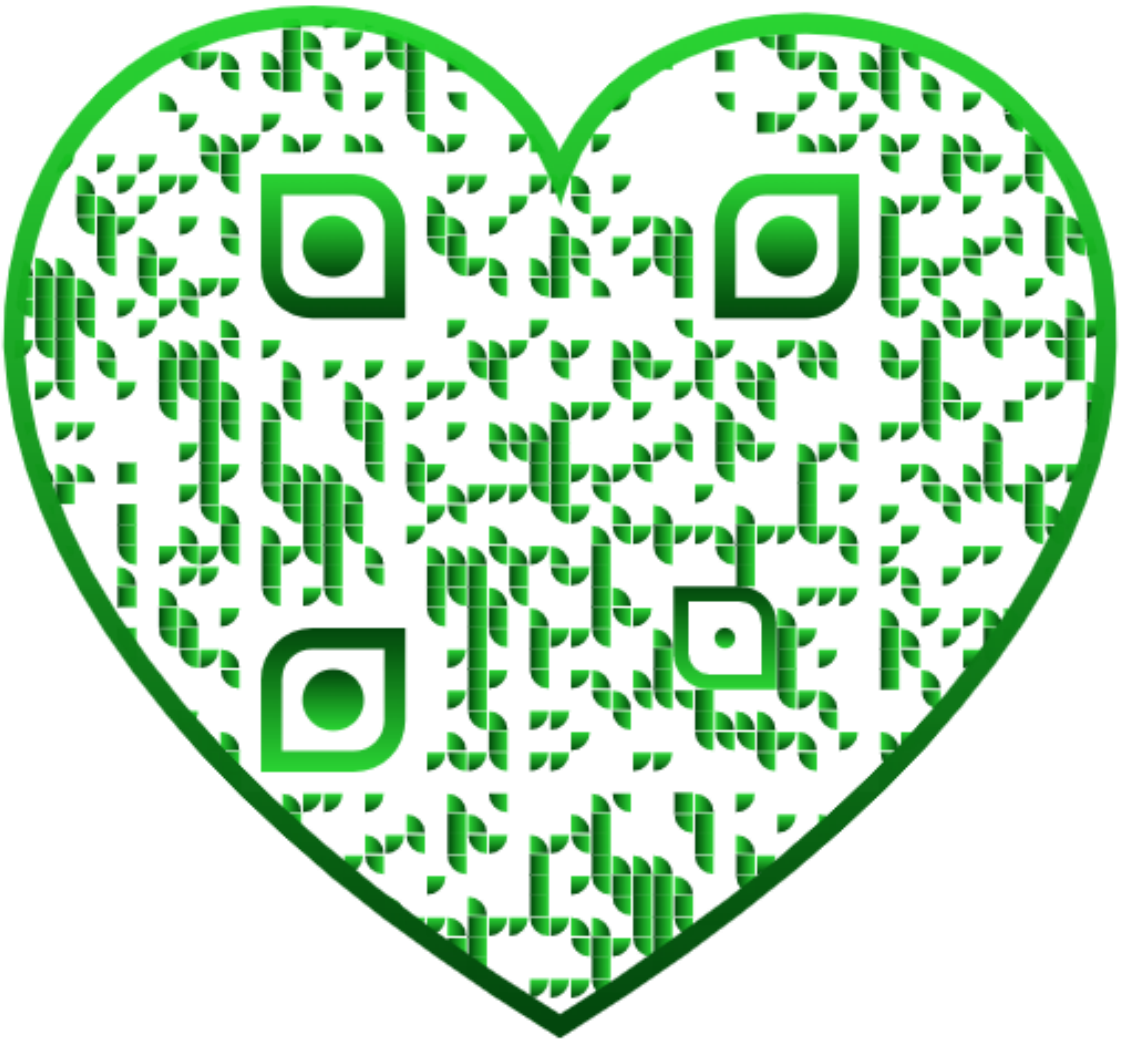
The Book to Quit Porn

With the Beliefs Method

Without willpower

Without withdrawal pangs

Without feeling deprived



This book is a rewrite of the original Google Sites hackbook written by an unknown author, which used the Allen Carr's method to quit porn addiction. It has been vastly modified and shortened to be more effective and less divagating, and also more complete.

Introduction

Hi. If you're here, then you're looking for a way to quit porn addiction, as I did for the last several years. First off, I want to make it clear that I'm not a doctor, nor a professor, I didn't study pornography or addictions on an academic level, so I don't have any educational qualification to show off.

What I can tell you is that I've been a porn addict for the last eight years, and of these long wasted eight years, the only advantage is that they now come in handy to me as a "title" to demonstrate that I have some say in the matter to write this book. I know that, typically, it is preferable to trust someone with some sort of qualification, right?

I agree with you regarding most things but, concerning pornography, I've spent **entire years** reading scientific documents talking about the damages of pornography on the brain, on relationships, on motivation, and sexuality. I read numerous manuals of famous doctors that were full of interesting studies about porn, but no matter how many things I read, I was always stuck at the starting point. I'm not a religious person, so I couldn't find help with that approach, but neither did most of the addicts I knew throughout the years.

So I continued consuming pornographic material. I felt like all the manuals on the matter just revolved around the problem, but what I needed was a practical approach. I then lost trust in the scientific world regarding my problem, and I was falling into depression every time I watched porn. I truly believed that I was a chronic user*.

**user = we will use this term to refer to people who consume pornographic material.*

During these eight years, I always consumed regularly, one or more times a day, escalating through multiple porn genres, spending even hours, and delaying my sleeping schedule to get my dose of porn. I had gotten to the point where this addiction was clearly destroying my self-confidence, my relationships, and my life goals. I was overwhelmed by anxiety and I struggled to work, studying, succeeding in long-term objectives, and satisfying my sexuality with real people. I thought that I was condemned to be like that, I just was one of those "without motivation".

For years I tried to quit using the "willpower method". What's this method? If you're here and you tried quitting your porn addiction in the past, then you most likely have used the willpower method. It's fairly simple: you stop consuming, and every time you are tempted to consume again, you just strive to do without it. Effective, right? No, I and thousands of other addicts have tried this method multiple times, without success. I even got as far as three months without porn, during which I saw my self-esteem skyrocket, and my social life was deeply improving. I had ideas and projects, my life was truly changing for the better. An evening spent alone was enough to instill a little yet subtle thought *"What if we have just a little peek of that*

site?". In just a moment I slipped back into the black hole of the porn trap. Such is the destiny of those who try to quit with the willpower method.

I will not tell you the sensation of shame and guilt I felt afterward, because you already know it perfectly.

Why couldn't I quit, even if porn was *clearly* destroying my personal life? Why, even after acknowledging that in three months of non-use my life changed for the better, I couldn't quit this shameful habit (sorry, *addiction*)?

How on earth was it possible that I had to always get back to those sites? I couldn't understand, I kept reading information on the internet about the serious damages of porn use. I was an expert, I could have talked about it for hours. Yet nothing escaped me, if there was written that it caused anxiety, here I had it. They talked about decay in relationships and it seemed like I was looking at myself in the mirror. I read about the low motivation, loss of sexual appetite... it was just like an autobiography.

Till one day I had a revelation. No, no angel came down from the sky to tell me some mysterious secret. A little idea came into my mind, like a seed waiting to be watered:

"For all this time you focused on why you should stop consuming pornography, to the point that you know every damage caused by it. Maybe the problem is that to finally quit, you have to remove the reasons why you actually consume pornography".

The point is that all the negative sides of porn make a good source of motivation to make a self-exam and say: *"Good, I want to stop, the disadvantages are too many"*. And

so far everything is fine, but the truth is that these reasons don't actually help you in quitting!

Let's take an example, and if you don't get it that's not a problem, you will understand later: I am on a car that goes 120 mph, completely unable to control it. Obviously, I understand that I'm eventually gonna crash, and this fear is giving me to motivation to understand the car's controls to finally stop. The fact is that this fear *doesn't really help me* in understanding the controls of the car. I'd need a driving manual, or someone who already knows the controls. If you keep telling me that I'm gonna die, that doesn't help me in braking and stopping the car! You're only making me more panicked and making things even harder!

This explains why users don't need someone to tell them how much porn is dangerous, they already know that well enough! They experience the damages every day on their own skin! There's no point in scaring them, if this approach was functional, they'd all have stopped a long time ago. What they really need is someone who explains them the car controls so that they can quit the addiction and finally start living. In short, a way to quit.

This is the exact reason why this book will not scare you into quitting, nor it will make you feel guilty for what you're doing or force you to use willpower, which is not needed. I will not tell you the damages of porn on the brain, on relationships, etc. This method is not even about mysterious magic tricks, hypnosis, or doing porn diets (consuming porn once in X days). We will see some of the advantages of being a non-user, but that's not the method itself. The benefits of being free don't actually help in quitting.

So, none of all that, this book is born as a manual to guide you into quitting your pornography usage completely and:

- Forever
- Without the “terrible” withdrawal pangs
- Without willpower
- Without passing endless nights feeling deprived of a so-called “pleasure”

This will seem too good to be true, I know. If you weren’t even a little bit skeptical, I would consider you gullible. Anyway, this method enabled me to quit porn addiction one time for all, and every day I feel happier to have made this choice. I, like thousands of other users, came up from the black hole of porn addiction and started breathing again. If all of this seems a fantasy to you, just ask yourself these questions: *what worked until now? Did doctors really help you in quitting? How long since you started considering quitting porn? If you don’t try again, when will you stop? Tomorrow? Next month? Stop kidding yourself, it is an endless cycle unless you break it.*

The only reason why I write this book is that I feel blessed for having understood the mechanism of the porn trap. I feel the incessant need to let everyone who needs help know that there’s a way out. Don’t think that you’re the only addict out there: there are doctors, politicians, important people of all ages and from all nations, of both sexes and all religions that are desperately inside the porn trap.

This is the only method that enabled me to successfully get rid of porn and quit forever. Today I am happy, just like how I felt the day I quit the trap. I know that I’m making big promises, but they’re not chatter. Other

manuals don't make them cause they can't, they know very well that the willpower method is never forever.

Before starting I just want you to know that this book is not magic, it is based on the psychological concept of beliefs. If you believe that watching porn has some genuine benefits, then you'll keep watching it, no matter how much it is dangerous. But if you change this belief and you realize that there's no actual benefit in watching porn, then you'll be able to make the logical choice to quit. With that said, before coming to this choice, I want you to appeal to your own conscience and positively decide to quit porn. Even if you're skeptical about this book and this method, just say to yourself: *"Okay John, today we try one more time".* Don't read this book like a newspaper, try to understand every sentence, keep a positive mindset but most important of all:

Keep an open mind.

I'm not telling you that you have to believe everything that I say. Far from it, question EVERYTHING I say, I beg you to do that and to *think with your head*. At the same time, question everything that you already know. So also be skeptical towards everything that society, mass media, school, your parents, and your friends ever told you.

If pornography is so dangerous and everyone keeps using it nonetheless, it means that someone has told some lies. For example, you have probably already heard that *"Pornography is good for sexuality"*, question this belief. Try to think *"What if this is not true? Am I perfectly sure this is true? Do I believe this cause there is some real basis, or did I just hear this somewhere? Is it possible that everyone told me something wrong without even knowing?".*

Did you know that before the ’60 NOBODY knew that cigarettes were dangerous? Nobody knew and even the teenagers smoked with no worries! Today it seems crazy but **the harsh truth is that everyone was wrong**. That group of scientists who had made this incredible discovery was alone against billions of skeptical people, and yet they were right. Is it possible that today history is repeating? I think that’s really what’s happening.

Many people believe that pornography is healthy and that it doesn’t cause any damage, but if you’re here, it means that you know this is not the truth. Or at least a light bulb has gone on, and you're beginning to have some suspicions towards porn.

In short, this is a process in which we will substitute the false beliefs you have about porn that are keeping you stuck in the trap. We will replace them with new and *true* beliefs that will enable you to quit porn for good. Just put apart your current beliefs and try considering what you’ll read. If you’ll conclude that they’re a bunch of nonsense, you’ll be perfectly free to take back your old beliefs.

One last warning, this is fundamental:

DO NOT SKIP CHAPTERS

It is **essential** that you don’t skip chapters, don't get caught up in the rush, rather postpone for later, when you’ll be able to read quietly. Everything will be faced in a way that once you understand the first chapter, you will then understand the second one and so on, but if you skip chapters then it will all be useless.

Also, I suggest highlighting while you read if that’s your thing, or take notes if you feel like it, I found it to be very

useful to understand better. With that said, can I remind you one more time to not skip chapters? Nevermind, let's get started.

PS. In case you're scared to read: just know that you don't have to stop consuming porn material while you read the book.

Chapter 1 – The basics

First of all, I want to emphasize that there's no need to stop consuming porn material while reading this book. You don't even have to consume less, feel free to do as you are used to. This doesn't mean that if you're already abstaining you should quit your streak, you're already doing good and you can keep it up if you want to.

However, it is fundamental that you DON'T read the book while in a "session". Finish it first, and then read the book, not following this instruction could be fatal.

For now, just consider if one or more of the following statements are true for you:

- You're having trouble limiting your porn usage completely, or even partially
- You spend more time consuming porn material than you originally intended
- You happened to prioritize porn consumption over real-life goals (sentimental, professional, relational, etc.)
- Your consumption is negatively affecting your romantic relationship
- Your consumption is an endless cycle of arousal followed by feelings of disgust and guilt

- You happened to find yourself watching porn material that you found disgusting, but couldn’t do anything about it
- You often think about porn, even when you’re doing something else

If you’re a porn addict (a user), at least one of these statements will be true for you, and probably more than one will be. At this point, the mere idea of quitting may fill you with a sensation of panic, but don’t worry, all you have to do is to keep reading and understand what will be discussed.

1.1 – Is there any hope for me?

You may also think that you’re a chronic user, someone without any hope to quit. You may have explored some dark and disgusting genres of porn and you consider yourself irrecoverable. Don’t worry, I was the worst of all and I saw things that I regret very much, but with this method, anyone can find its own way to freedom.
Actually, the more of a “chronic” user you are, the better you will see your old and false beliefs fade away. Seriously, people who have hit "rock bottom" from experience can quit more easily.

Don't envy those who manage to watch porn only once in a while, they too are addicted to it exactly like you, but due to some psychological and personality factors they haven't gone through with it, or are making immense efforts to limit their use. We will cover this as well.

Some of the things you’ll read may be difficult to believe at first, but once you finish the book the only remaining question will be: *“How did they manage to make me believe otherwise?”*.

1.2 – We choose to watch porn?

A common belief is that we choose to consume porn material. The truth is that addicts do not choose to watch porn more than an alcoholic chooses to become an alcoholic and ruin his life.
Some people protest and say that this is not true. In the end, it is indeed true that you choose to open your browser and visit your favorite porn site.

Occasionally, I choose to open my favorite streaming platform and watch a TV series, but I would never have started that subscription, knowing that I would have to come back to that streaming platform every day of my life! I like TV series and trying new things, so I initially decided to start a free trial and see how it was, but I would have never done that knowing that it would become an addiction that would destroy my self-esteem, my relationships, and my goals!

Think about it, *when* did you make the **decision** that you would have needed porn at least weekly, if not daily or even multiple times a day for the rest of your life? When did you decide that the stresses of life would be unbearable without porn? Or that you couldn't do without it even when in a sentimental relationship? When did you decide that it would be your major source of "relax"? When did you decide that you wouldn't be able to *face life* without porn?

Was there a day when you stood at the negotiating table and signed a clear and transparent contract with porn sites, weighed the pros and cons, and rationally decided to sign up for this slavery forever? Like you would normally do for a streaming platform subscription? Or do you feel like you've been dragged into a trap against your will?

Just like millions of other people, you fell for the most subtle, perverse, and malicious trap that man has ever invented: pornography. Nobody likes the idea of their son or daughter consuming porn, and that means that nobody, in the deep of their heart, likes to consume porn. This also means that no one would ever want to get started and that watching porn *is not a choice*.

Imagine if there was a button that, when pressed, allowed each user to go back to the day they first visited a porn site and make a different choice. Do you know who would be the only ones addicted the next day? The poor kids, who haven't yet experienced the damages that porn causes.

How can a "habit" that everyone would like to erase from their lives be a "choice"? This is a contradiction if nothing else. I could choose to eat pasta every day, but I could easily stop doing it if I would get bored of it. I did sports in the past, but I immediately stopped practicing whenever I had even the slightest injury to prevent it from getting worse, although doing sports was a truly enjoyable habit and a healthy life choice.

The truth is that if consuming pornography were really a choice, this book would have no reason to exist, and you wouldn't be here.

1.3 – Why can't I quit?

At this point, the question arises: how is it then that I can't quit? Why is it that despite all the negatives of pornography I'm still groping in the dark? I'll tell you right now: the only thing that keeps you from quitting is **FEAR!**

That's right, fear. Fear that you won't be able to face the stresses of life without porn, fear that you'll pass endless nights fighting against the urge to watch porn, fear that you'll have to go through life feeling deprived of genuine pleasure, fear that you'll have to face the terrible withdrawal pangs, or the fear that *"once an addict, always an addict"*: that you're irrecoverable and you'll never truly be free of the addiction.

These fears are caused by several equally irrational beliefs, for example:

- Porn is educative (may I see your degree?)
- Porn is pleasurable
- Orgasm is essential to be happy
- Porn is an alternative to sex
- Many other beliefs

The worst thing about these beliefs is that they lead us into assuming negative behaviors during our daily lives, such as:

- Feeling like complete losers if we're not having sex, as it is the only thing that matters in life
- Having a critical attitude towards the physical appearance of potential partners (asking too much)
- Obsessing when we see an attractive person
- Always having sex, even when you don't feel like it, because more sex is never to waste and is always better
- Many other negative behaviors

Don't worry if you're anxious or somewhat scared about quitting, we'll destroy these fears soon. At the same time, remember your positive decision to quit and keep it up.

Remember, if you don’t quit now, when? Tomorrow? Next month? When this stressful moment is over? How long have you been "in" already? Let’s stop kidding ourselves, the moment to act is now, so leave every senseless doubt aside.

If by the end of the book you decide that I said a bunch of nonsense and you want to carry on as before, no one will stop you. But if it turns out that I’m right, and you actually manage to quit and be happy with that, then just imagine what the benefits would be.

I want to remind you to question EVERYTHING: what I say, but also what everyone else ever told you in the past. I know I’m repetitive, but sadly many people read with superficiality and don't really want to question themselves. If you're that kind of person, go ahead and close the book and throw it in the fireplace.

Chapter 2 – The Beliefs Method

We have previously seen the most popular method to stop consuming pornography, which is the willpower method. This method is based on the belief that after a certain period of "abstinence" from pornography, we will finally be free forever. The problem is that it doesn't work that way, I have known people who have abstained for years, only to relapse in a moment of weakness. This happens because these people make the right choice to abstain from pornography, but continue to think through the same old beliefs.

Try to imagine being locked in a cell without any internet connection for twenty years, without any possibility to consume pornographic material. Do you really think you'd end up forgetting it? Let's be honest, what you need is a method, otherwise, you'll spend the rest of your life making immense efforts to abstain.

2.1- The reasons to quit

All the reasons to quit make things harder. Every time we get told that we should quit porn for all its negatives, the instinctive reaction is to get scared and have a sense of renunciation towards porn. The more scared a user gets, the more they hide in their addiction because they don't

know how to really get out of it.
Going back to the metaphor of the car going 120 mph, it is clear that if someone would insistently tell me that I'm going to crash, I would then feel even more panic-stricken, and finding the car controls would be even harder.

Another problem with this approach is that it distracts the user from the real problem, and that is the reasons why we think that porn is actually beneficial and pleasurable in some ways. I know that it may seem impossible to you right now that porn has no benefits, but don't worry, we'll get to that soon.

2.2 – The method of distractions

A lot of books try to get the user to quit by suggesting to engage in pleasurable and healthy activities such as doing sports, reading, socializing, etc. While these are indeed great life advice, I still can't (and couldn't, back in the day) see how they can help you in quitting porn.

Let's imagine you're dealing with a guy who can't find the motivation to get up and do sports: how could you ever think to suggest him to get up and do sports? You clearly have to find the reasons why he feels so lethargic and demotivated. For example, he could think that he can't do sports cause when he was a child he was constantly excluded from group activities. This negative belief is limiting him.

Coming back to the porn addict, it is useless to suggest to do sports or socialize, because you're not solving the problem at its root: it is porn addiction itself that's preventing the user from doing sports, socializing, and doing other rewarding activities! Building healthy habits

is a *consequence* of being free of porn. First, you do one thing, and then the other.

Some people may have tried this approach and forgotten about porn for a while, but the problem is that you'll always remain vulnerable to the trap, since the old false beliefs are still lurking in your mind, and in a moment of weakness (stress, sadness...) you'll find yourself fighting against the urge using your precious willpower. Sooner or later you will fall back into the porn trap.

2.3 – Partial abstinence

Now let's see the method I call "partial abstinence", and that is consuming porn once in X days. Many users feel blessed when they discover this method because it seems innovative: they think that they will be able to gradually reduce their consumption until, one day, they'll stop forever.

There are two problems here:

- You still keep your old beliefs, so you're vulnerable.
- You're using willpower, so you'll eventually give in to temptation.

The method of partial abstinence consists of using willpower to abstain, and, occasionally, treat yourself to a "prize". So you're still treating porn like it's a "forbidden fruit," something pleasurable but also something we have to avoid due to force majeure.
The belief that porn is pleasurable is more alive than ever and eventually, the partial abstinence will fail and the user will start consuming again every day, or at least at previous rates, if not worse.

You may feel confident, and I don't rule out that you might be one of those who can abstain for entire months or years, seriously. But I remind you that I've seen people quit even after years of abstinence, just because they accidentally opened a porn site. At that point the old beliefs started to lurk in the user's mind again, leading to a relapse.

> It's not a matter of strength, it's a matter of beliefs.

2.4 – The Beliefs Method

I realize it may seem like I'm disparaging the other methods in favor of my own, but the reality is that I've tried them all, repeatedly. None of them worked, and I would even make it personal if I hadn't seen hundreds of other people systematically fail using these methods. Even the ones that lasted the longest and were praised by all, would eventually go back to square one.
I was a user too and I saw myself and my friends keep encouraging each other at every relapse, but it always was useless.

I would like to add that this method has been used for other addictions such as alcoholism, smoking, and many more. The success rates are extremely high compared to other methods, which is why I consider it the best.

With the Beliefs Method, the approach is different from the usual, in fact, we ask ourselves some questions that, for the majority of you, will be new:

- What is porn doing for me?
- Do I get genuine pleasure out of it?
- Do I really need it?

The beautiful truth is that porn has no benefit and in fact, nobody needs it. Let me get this straight, I'm not merely asserting that the disadvantages of being a user overcome the advantages, but I want you to understand that there is NO advantage to being a user.

Does it seem impossible? It did to me too when I found out, and I questioned myself for days, thinking I was wrong. I concluded that porn has really no benefits, in fact, users are constantly trying to rationalize the reasons why they consume pornography.

The fruit of these rationalizations is a set of absolutely unfounded beliefs, with no practical nor scientific evidence, easily dismountable with a fair dose of logic and common sense, nothing but illusions fabricated specifically not to feel guilty and carrying on with their pornographic consumption.

Let's go through them one by one and see what the truth is.

Chapter 3 – The beliefs

Here we are, the moment to remove all the absurd beliefs of every user has come. These beliefs are the fruit of the reasoning of users in the attempt of justifying their addiction. They are the exact reason why you find it difficult to quit porn: they make you feel like you're genuinely giving up something precious.
Don't be surprised if some beliefs don't apply to you, they are not truths and in fact, each user chooses only those they like best. We will see the most common ones, however, everyone of course could potentially invent an infinite amount of false beliefs.

Once you'll understand the true face of these beliefs, not only you'll be able to say goodbye to porn one time for all, but you'll be very happy to do so, since there are no real benefits to being a user.

Not only that, you'll discover that a life free from porn is enriched with amazing advantages, such as having a clean mind, free from the illusory distortions of the porn world, getting back your self-esteem and relationships, being able to reach your goals and not suffer from the sexual dysfunctions caused by porn, along with the many other benefits of being a non-user.

So it is not necessary for me to explain why I think quitting is easy, rather it is necessary to go ahead and explain why - after realizing that porn is extremely dangerous to physical and mental health - people continue to use it. This is the real enigma of pornography.

Before we go to analyze the false beliefs though, let's see why we all start consuming porn material in the first place.

3.1 – Why do we start?

Almost all users discover pornography when they are young, most in their teens, but also in their pre-teen years. We are often warned by parents and various institutions about the danger pornography poses to the mind and body, but since we see all our peers, older friends, and people in mass media consuming porn, we can't believe that there isn't something enjoyable about it.

Since everyone uses porn, we then decide to give it a try ourselves. During our first visit to a porn site we see various photos and clips, most of them are very strong and we find them mostly disgusting. That's exactly why we feel reassured, we think: *"If porn is this junk, then I'm never going to get addicted. I don't really like it, so I can decide to quit whenever I want. I'll just do it for a while".*

If the first impressions were sexy and elegant models, soft, simple, and arousing sex scenes, then an alarm bell would go off and we would understand why everyone falls for it. But this is a confidence trap, you fall for it cause you just can't see how you could ever get addicted to such a bunch of disgusting material. This is why we start consuming porn with quick and sporadic visits, mostly on moments of boredom.

We then begin to explore porn materials, but we don't dare to click on the ones that are too "hard", shocking or disgusting. The users are picky and take their time to find the "right" video. If you were to accidentally click on one of the "forbidden" videos, the immediate reaction would be to close the browser as fast as possible.

After a while, however, we feel that the same videos just don't bring us the same level of satisfaction anymore, so here we go in search of more shocking content. We look for more shocking and disgusting material because our addiction has a hunger for novelty.

But why does this happen? What's the nature of this endless cycle of hunger for novelty? The answer lies in a neurotransmitter in our brains, dopamine.

3.2 – Dopamine

Some of you may have already heard of this substance. It is commonly referred to as the "desire hormone", its job is to stimulate our brain to give us the motivation to reach our goals in life. Everyday actions, such as reading a book, finding a job, socializing, working out, are all actions that induce low-medium levels of dopamine because they are initially difficult goals, but once completed they bring great gratification.

When our brain gets exposed to pornography, the quantity of dopamine released is unparalleled. Our receptors, created to help us perform useful and rewarding actions, are literally flooded with dopamine, to the point that we struggle to find pleasure again in normal activities. Do you ever wonder why people once read more, played more sports, and were more able to enjoy the simple things? The reason is that today dopamine floods our receptors,

through porn but also videogames and the internet in general.

The consequence is this: our brain gets accustomed by pornography to such high doses of dopamine, that normal activities suddenly seem useless, boring, we excuse ourselves by saying that we "don't like" reading, exercising, having new experiences. All those actions with normal doses of dopamine become unrewarding, and pornography takes their place.

However, we have seen how, as we consume more and more porn, the same materials (videos, photos, whatever) don't bring the same level of satisfaction anymore. In fact, the user feels the need to change and veer towards content a tad above the "red line". The red line is a metaphor for that video/photo that you considered disgusting before but now is necessary to feed the addiction.

The question arises: why did some materials disgusts us before, and now we seek them? *This is the nature of the porn trap*, our brain gets used to the dopamine dose of the old content, it wants more. It demands us to have more dopamine and it doesn't care if the content disgusts us or goes against our moral principles, the one and only goal is the dopamine dose.

When your body gets exposed to high doses of dopamine, the effects are anxiety, high libido, and fear, exactly the sensations you feel when you consume content above the "red line", and your brain mistakes these feelings for sexual arousal.

Inside our brain, there's a reproductive mechanism that basically tells us to reproduce as much as possible for the survival of the species. This mechanism is cleverly tricked

by pornography, which gives to the primitive part of our mind the false idea that we are engaged in an act of reproduction, for this reason, our brain spurs us to want as much dopamine as possible. Our brain is certainly not stupid, but its reproductive part is very primitive, which is why tricking it is not difficult.

So we'll go looking for more and more disgusting and shocking content, even though we'd previously sworn with confidence and solemnity that we'd never click on it. Eventually, the super-shocking content won't be enough, and our reproductive system will prompt us to seek new virtual "partners". I've been there myself and I know what it's like to see your self-esteem destroyed at the end of this process, but don't worry, you'll soon realize that you don't need to do that at all.

Dopamine also helps our brain facing periods of stress, of difficulty. Will your brain be able to catch that one drop of dopamine it needs in a hard spot in your life if your receptors will be so damaged? Do you ever find yourself in situations of high stress while others are doing just fine? Do you suffer from depression, anxiety? Do you have a mostly negative behavior towards life? There's nothing to be surprised about, the most necessary substance to face life is getting invested in the amazing "hobby" of porn.

3.3 – Are all users the same?

Here, however, an interesting discussion is introduced: how come some users end up watching extreme content, while others moderate themselves? Why do some users consume very often, while others only have sporadic sessions? Maybe they're not really addicted? This is a legit

question, and let me make it clear that, yes, the trap is exactly the same, and they're addicts just as you are.

We can explain this phenomenon by destroying a common belief, namely that users are weak-willed people and losers. How many times have you heard that? *"If you spend your time watching porn you're a loser. You don't have any will to do better. You're a weak-willed person without any ambition"*, these phrases are all too common.

This belief is a banality, the reason why some people end up watching extreme genres of porn and do it very frequently is that they're very strong people. Exactly, you think it is easy to carry on with an addiction even when you know it is destroying you? Carry on with extreme genres even when your stomach turns? Dealing with this horrendous addiction and, in the meantime, still lead a normal life, with a family and a job? These people have an incredible amount of willpower.

It's not surprising that many porn addicts are business owners, independent and principled people, ambitious individuals with big plans. They are simply wasting their energy in a practice that is not only useless, but also harmful.

Not too long ago the case emerged of an important member of a big American institution, whose name I will obviously not mention, caught masturbating during the break of a video conference. This explains how this addiction really does affect everyone and not only teenagers.

At the same time, some people consume porn moderately and don't escalate to extreme and shocking material. Let me tell you, *they're inside the exact same trap*. They may

consider themselves lucky that they don't dare to delve further into the addiction, but the nature of the trap is the same. Moreover, don't be fooled, many users actually *lie* about their real usage of porn because they fear losing face.

Just think about this for a moment! "Bragging" about consuming little pornography is already an admission that you don't truly enjoy doing it!
Has anyone ever bragged to you about eating very little pasta? No! What would be the point? If you like eating it you have no reason to brag about it, and if you don't like it instead just stop eating it altogether! *If you brag about eating little pasta, it's because you feel compelled to do so. This means that they don't like consuming pornography either.*

For this reason, you don't have to ever envy moderate users, either they're lying or any way they'd prefer to be completely free exactly as you do. These users are less exposed to the damages of porn cause they consume less of it, but the most of them never find out about the dangerous nature of porn because of the moderate use and remains slave for the rest of their lives.

It's as if users are all in a maze without knowing the way out. Some dare to go into the darkest areas while others are more afraid, but at the end of the day they are all in the same trap and there's no difference at all.

3.4 – Porn: a real pleasure?

I'm going to be repetitive, but everyone absorbs concepts with varying degrees of repetition so I want to make it clear: *you're not giving up anything at all.* The only reason

why you're still consuming porn material is to get rid of the withdrawal pangs.

This is the first belief, and I have never met any user who did not claim to find pleasure in pornography. Let me explain the phenomenon: you consume porn, your brain receives the dose of dopamine and when you reach the orgasm your dopamine levels lower and you come back to normality. Often the user is left wondering *"Why do I have to do it?"*, but the most important thing is that when you finish the "deed", your brain immediately starts going back in search of dopamine. The nature of the trap makes normal activities seem less rewarding and pleasurable, and after a certain amount of time the withdrawal symptoms show up: your brain demands another dose of dopamine.

So these symptoms (pangs, whatever) are just your brain asking for another dose. Withdrawal symptoms in themselves are nothing unsupportable, but it is the user who increases them, because he feels like he's giving up something.

> Pangs ("urges") are 90% a mental thing. They must be and, in fact, they are. After 1 year of abstinence from porn, your brain has well reverted the neural changes. How come then some users relapse after years of abstinence cause they had the "pangs"? It's not the physical addiction itself the problem, it's how the user feels about having quit.

So, the user consumes porn, lets some hours pass, and then he feels deprived because of the "pangs" and so decides to consume porn again, he receives another dose of dopamine (just a little higher than the last one) and he

finally gets rid of the hated withdrawal pangs! *Ahh, such a pleasure!*

Here we go, let's do the math now! What did the user lose from this practice? He destroyed his cerebral receptors some more, ruining his natural ability to have self-esteem and reach his goals, he increased the chances of suffering from anxiety and depression and many other disadvantages.
Now let's see the "advantage": he finally got rid of that nagging feeling of withdrawal, a nagging feeling that the user has the unique privilege to suffer! Those who don't consume pornography, don't have the withdrawal pangs! And their receptors are in perfect conditions! They win doubly, then.

The "pleasure" everyone is talking about is comparable to banging your head against a wall to enjoy the feeling when you finally stop! It makes no sense, right? **It's not a pleasure, it's the end of the hassle!**

Are you starting to see reality? The whole business of the pornographic world is based on an illusion concocted by the owners of porn sites, who earn millions of dollars every year from the poor users. Even if you don't pay any subscription fees, the ads you see before a video fill their pockets handsomely.

Have you ever had your neighbors making noise? Would you ever dream of politely asking them to make noise so you could enjoy the silence when they stopped? That would be crazy! Wouldn't it be much nicer to live in a quiet and peaceful place?

Wise up! Porn is an endless cycle that only feeds itself! Nobody, except you, is forcing you to consume it and the

time you spend on porn sites brings you no benefits! Every "benefit" users claim is an illusion, just like the "pleasure" benefit: *nothing more than a fallacy.*

The time you have every day is a blessing and you're using it to force yourself into an *absolutely unnecessary slavery*.

Let's compare porn addiction to hunger, they may look similar, but they're two direct opposites:

- Food is a true natural need, in fact, eating actually satisfies hunger. Pornography is artificial and merely creates an emptiness that it then partially fills, ensuring eternal slavery.
- You may think that sexuality is a need, but remember that *porn has nothing to do with sexuality*, we'll cover this later.
- Food genuinely tastes good and eating is pleasurable. Satisfying withdrawal symptoms just means destroying our happiness receptors and stop banging your head against the wall.
- Eating gives you energy, while porn... *takes it away.*

Try putting a person in isolation. I bet without food he won't live long. As for porn, people are living in remote villages with completely happy lives without the need for the supernatural stimulus of porn. It is this absence of porn that ensures them happy lives.

Porn addiction is not a "bad habit" and has nothing to do with "satisfying one's sexuality". It is an addiction to a substance, namely dopamine, just as many people are addicted to nicotine, heroin, and cocaine. The whole thing of sexuality, the porn actresses you see and the edited scenes are a distraction to keep you glued to the screen. Some porn actresses may be beautiful women but the

reality is that you only watch them for the dopamine, if you were doing it to admire their beauty you could watch them for a few minutes and then call it a day. Instead, you spend hours delivering dopamine to your addiction-starved receptors while they are robbing you of your well-deserved happiness.

If I made you choose videos that you "liked" and others that you didn't want to watch, and then put you in a position where you could only watch the videos you didn't like, would you stop consuming? *No, you wouldn't. Because pleasure has nothing to do with it.*

You feel better after relieving the withdrawal pangs, but you're still more stressed and nervous than a non-user, and you just renewed the contract to have more withdrawal symptoms in the future. This is the doom of those who don't want to quit. An illusory pleasure in exchange for a real robbery of happiness.

A user takes a break from studying to get his "fix". He thinks *"How lucky I am, non-users don't have this prize! I can watch porn and then get back to studying"*.
The truth is that non-users have the biggest of prizes: being free of the addiction, not having to destroy themselves only to relieve a self-caused discomfort, and therefore living their life to the fullest.

Remember, it is not the non-users who are depriving themselves of pleasure, they are fine and enjoying life without having to ruin their mind and body for nothing. It is the users who are subjecting themselves to unnecessary torture for the "pleasure" of being able to return to the normal condition that non-users experience at every moment. Where on earth is the advantage of being a user?

3.5 – Porn satisfies sexuality

Now let's talk about sexuality. Many users state that you can't live an entire life without satisfying your sexuality; therefore, porn is natural. First off, let me make it clear that there are people who, for moral, religious, or other kinds of reasons choose not to have sex or masturbate for life. However, most people don't make this choice and that's perfectly OK. So let's see why porn has nothing to do with sexuality.

We can demonstrate that with the simple fact that any porn user will keep consuming porn even once they are engaged or married, even if they have sex regularly with their partner. Many users feel the need to watch porn before or after having sex. Others find themselves having to use pornography to "tease" things out during sex. This happens cause the users, being used to the porn actresses or actors/hot models/imaginary standards of the porn world, create excessive standards against their partners and therefore fail to feel satisfied.

Porn doesn't satisfy sexuality, it ruins it.

Porn consumption has two main effects on men:

- In some cases, the very high standards that are created by porn prevent you from having an erection (or at least a stable one) even with a very attractive partner, because the scenes in porn videos are too stimulating to be compared to a real experience.

- In most cases, the user will struggle to reach the orgasm, because the tight grip caused by masturbation leads to a state of low sensitivity.

- In other cases, men create an idea of the woman (the opposite can also be true) as a "superior" entity, since they are at the core of their addiction. This leads to performance anxiety that causes them to become "too fast". Besides, these men will treat attractive women as if they were more than human beings, but semi-goddesses, so they will have difficulty approaching them with ease in real life.

- Even if you're lucky enough not to have these kinds of problems, remember that porn consumption is equally destroying your natural ability to be happy for nothing in return. Besides, give porn time: these damages may come your way in the future.

The effects are similar in women: they get used to extreme and super arousing sex scenes, so there's little to no stimulation in the real thing.

> Many users feel the need to consume porn right after having sex. This is because sexual appetite has nothing to do with pornography, which it's just an addiction, in fact it needs to be satisfied separately!

Some say that they would stop consuming if they had a partner, so, in the meantime, porn is their way to satisfy their sexual appetite. **The question I ask myself is only one:** if you had a partner who could satisfy you, would you change him/her all the time? I don't think so, you would

keep him/her close.
So why do you find yourself always looking for new porn material and constantly changing content, genre, shock level, etc.?

Isn't a video with an attractive person enough to satisfy you?

This happens because porn has nothing to do with sexuality, but is merely a dopamine addiction. Nothing more and nothing less. Your addicted brain is always asking for more novelty and "virtual partners".

The truth is that there's no real need to have sex. It is just an instinct the leads us to it. Our bodies don't have a real physiological need to have sex or to release sperm, and if you really want to do it you can masturbate without unnecessarily spoiling yourself with pornography. Even during sex, the orgasm is not indispensable.
Porn makes us think that the orgasm is the core of sex, that sex is nothing without it; therefore causing performance anxiety and removing the attention from the truly pleasurable and enjoyable part of sex, *which is the act itself.*

Users believe that a long sexual intercourse followed by an orgasm is better than one that's shorter but more intense, rich in emotions, and without the final ejaculation. Look up the *Karezza* method and try it with your partner, you will be amazed.

Try to think of a very attractive person who invites you to have sex, even penetrative, but doesn't care about the orgasm. That person only wants to do it for the longest possible without orgasm, but if you reach it that's not a problem. I guarantee it will be incredible.

3.6 – Porn reduces stress! Are we sure about this?

Another extremely common belief. Many users state with confidence that porn reduces stress: *"You're free to say whatever you want, but don't deny this, please! After a long working day porn makes me feel relieved, I'm not imagining that!"*. No, you're not imagining it, don't worry.

When a user goes through a stressful and tiring day, he genuinely feels relieved after consuming porn, since the withdrawal symptoms have been removed. The problem is that the user is putting on an additional burden of stress, which is precisely the withdrawal symptoms. This is why he lives under the illusion that porn is helping him.

It's nothing more than a ball and chain that you have the privilege of removing, nice right? Non-users, however, have the satisfaction of never having the ball and chain and can live their lives to the fullest.
When the non- user's stress is 100, the user's stress is 110.
When the non-user's stress is zero, the user's stress is 10.

So let that sink in: the user is not only consuming porn to get to the state of normality in which non-users always live, but the harsh truth is that he's never as relaxed as them. In fact, porn reduces the amount of stress endurable by destroying our natural receptors to cope with difficulties. So a user will *never* be as relaxed as a non-user is, even after relieving the withdrawal pangs.

Additionally, do you ever feel stressed because your WiFi signal isn't working properly and you can't consume as much as usual? Non-users are free from this boredom. When the signal is not working, they calm down and fix

the problem, they do not need high-speed internet at all times. It is porn that causes stress.

> Porn addiction is not helping your nerves to cope with stress, instead, it is slowly but steadily destroying them.

The only relief is to get rid of the withdrawal symptoms, which are in themselves a perfectly bearable feeling of "emptiness" that will go away quite rapidly after you quit. Later we'll see why they seem unbearable only to those who think they're giving something up.

Remember when I told you to question everything I say? Please do, search the internet and check to see if everything is really like that. Check the damage of pornography consumption as far as stress and everything else I have said and will say. I also recommend that you search in English so that you can find much more information, as in your native language the material available at the moment may be narrower.

The scientific world has acknowledged the dangerous nature of pornography for a long time, studies and tests have been done and are actually in course, but the real problem is that they don't know how to help the users. Some sources even keep sustaining that watching porn is actually a choice and is a natural thing to do, and users who want to quit live their addiction in this sea of mayhem.

3.7 – Boredom, damn boredom...

Many users understand my view on porn in relationship to pleasure, sexual satisfaction, and stress, but counter by stating that when they are bored porn gives them

something to do. By now it's like second nature for you to visit a porn site when you're faced with an afternoon to spend alone, right?

By now I'm afraid I'm becoming trite: this too is an illusion. We can tell by the fact that boredom is nothing more than a *frame of mind*. We get bored when we *think* there is nothing to do, but the reality is that, as we have seen, pornography only increases average dopamine levels so that normal activities seem boring to users.

This is why pornography, instead of reducing boredom, creates more of it. It makes us lethargic, lazy, unmotivated to the point that even if there would be many activities to do we cannot get up and start them, let alone complete them.

Another false belief that is proposed to us especially by the mass media is that sex, even paid sex, boring and without any real sexual or sentimental desire aids relaxation and is a good amusement. I don't think so, ask any prostitute if her days are exciting, never boring and she's always relaxed, or if she is always bored and even stressed about her life.
With all due respect to all the women who don't choose to make a living this way, sex is only pleasurable and healthy when it is driven by a real and genuine sexual drive or feeling.

When you're addicted to the supranormal stimulus and you suddenly stop consuming, a void remains. But this void is created by porn, and it gets filled only partially (and only temporarily) by it; in the meantime, you're losing in terms of physical and mental health.
You can distract yourself with other activities so that you

can forget about porn for a bit, but as soon as a moment of boredom comes, your mind will look for its dose of dopamine.

> All users break the dopamine cycle and become non-users every time they finish a session. The problem is that they start the chain again because they think they are giving up something. You are already a non-user from now until the end of your days if you don't start the cycle again.

3.8 – Concentration

Porn does not aid concentration. But, hey… first, let me take a step back… I have a question: wasn't it said that porn distracts from boredom? Then how can it also help you focus? *It would then have two opposite effects?!* It would be crazy to believe so! Plus, it also helps with stress?…

Ask any team of scientists to create a special drug that has all these effects at once… They would take you for a fool, as it clearly cannot exist. It has to be an illusion, a false myth.

What is concentration? The ability to focus on a task without distractions. Porn is a distraction, here's why you have to get rid of the withdrawal symptoms by doing a session before focusing on something. The user has then the impression that pornography helps him concentrate. A non-user does not have this constant obsession and therefore can decide to concentrate at any time.

Moreover, the constant flooding of our receptors with enormous doses of dopamine creates an imbalance in the reward system. As said, the normal activities, important to build a happy life, look boring when our brain is used to

high doses of dopamine. Users will then have more difficulties while trying to focus on work or study.

For example: reading and understanding a small paragraph of a book stimulates the receptors of the non-user, who will feel a very small sense of gratification that will be enough to encourage him to learn another paragraph. Soon he will have learned the whole chapter and then the book, giving himself a huge sense of satisfaction and self-worth.

On the other hand, the user has trouble focusing because his reward system struggles to see the small gratification at the end of the paragraph, his brain being used to the huge illusory gratification of pornography.
His receptors will not be able to pick up that little drop of dopamine once the paragraph is finished, and then the user will start wondering why do people like to read. The user will not finish the book, and even if he does, he will have put in so much more effort than necessary.

And what is the user gaining in return? The "pleasure" of creating withdrawal symptoms so that he can later dissipate them? That doesn't sound like a bargain to me.

If you keep thinking that consumption helps you focus, your worrying will keep you from focusing. But if you face reality you will realize that it is so good to be free from the slavery of porn, that you can focus properly, accomplish your goals and the icing on the cake is that *you are not giving up anything at all.*

3.9 – It's relaxing

Another illusion crafted by pornography to ensure that you remain trapped in the chain of slavery for the rest of your life. Porn relaxes, sure, *from the withdrawal symptoms*.

Users can spend hours looking for the "right video", the video (or image, or anything else) which stands as a winner for two reasons:

- It provides a fairly high dose of dopamine, higher than the last one
- It's not too disgusting or shocking to be unwatchable

Users are capable to spend hours and hours looking for the right content, and in all honesty, that doesn't seem like a pleasurable activity to me.

Non-users get home from a long day at work and can eat, drink and then relax with their family or get out with friends. They can exercise, socialize or pursue a hobby. Users can't. Users have another "hunger" to satisfy, they have to isolate themselves to get into the habitual auto-destructive ritual to fully "relax".

> It always comes down to the same thing, leaving alone for a moment all the damages of porn, the user will never be as relaxed as the non-user, even after consuming. What's the point of porn then?

Take the example of users who have to leave their partners alone in bed late at night so they can go to the bathroom and finally "relax". I can imagine that the guilt that comes later is not exactly relaxing, as is the shame of

getting back under the covers. But where is the pleasure and relaxation in all this?

Do you think this will never happen to you? I remind you that they too would have sworn in front of anyone.

Ahh, so good to be a user...

3.10 – Energy

Another terrible consequence of porn addiction is the nearly total drain of the user's energy. Even users who manage to play sports and doing many things are still living with their energy halved. As said, the user's receptors get used to an enormous amount of dopamine, so the activities he used to love have now become less enjoyable, if not water under the bridge.

Do you know what's the problem? That this phenomenon occurs in such a gradual manner that users notice it after years of consumption, in fact, they often attribute this listlessness and demotivation, essentially a lack of energy, to the passing of time.

If these effects were immediate and users would wake up the day after watching porn for the first time exhausted and lethargic, I think that they would put two and two together.

The problem is that the change is not that abrupt, the user suffers a gradual loss of energy. Especially during the teenage years, users have a lot of energy anyway, so they fail to notice this effect very much. The years go by and the user is left thinking that you start becoming old and weak in your first twenties and that energy is a prerogative of children. I too believed that, and let me tell

you, I was so wrong! If I could teleport you from now to three weeks in the future, it would be enough to make you jump for joy!

> Want to know another positive side of escaping porn slavery? That although the sabotage of your receptors and the destruction of your reward system is gradual, once you quit your brain will reset itself in a matter of days, and it's only going to get better and better from there on out.

Our body is a really extraordinary machine with incredible recovery capabilities, users condemn themselves to always drive in second gear and let their car take the rust, while non-users can downshift to the last gear.

I don't feel like you should let it get rusty at all, right?

3.11 – Before going to a party

This is a common phenomenon, especially among younger users. Many believe that consuming porn before a party or any other social event helps loosen up the nerves and be more carefree while interacting with new people. Do you know what's my idea of a carefree person? Someone confident and relaxed at the same time. How does a user feel after consuming? Carefree? I would rather say tired and lethargic, not the best to socialize.

Socializing can cause a little anxiety, but if your dopamine receptors are intact, they will be able to pick up the natural hormones to deal with anxiety, and you will enjoy the relaxation that socializing can provide.

But the poor user is flooding his receptors, reducing his resilience to stress, arriving at the party nervous and unable to deal with anxiety with his natural capabilities.

His reward system is not working properly and so the "challenge" of meeting new people doesn't seem rewarding enough. *"I don't like anybody here anyway"*, how can you say that if you haven't even talked to anyone? "*Why bother, I got my 'virtual partners' at home".*

> Even if a user manages to end the evening with a new acquaintance, he still won't be able to go home, congratulate himself, and then happily go to sleep, because he will have to consume again and deteriorate his self-esteem.

By now you should see things clearly. Can you see that pornography doesn't improve the user's life in any way, but it only makes it worse? Users continue consuming because they have the false beliefs that keep them trapped, but once they realize that pornography is nonsense, *there is no real reason left to continue.*

3.12 – Let's recap

So, we all start watching porn because we are young and naive, we see other people doing it and, although we know it is dangerous and find it disgusting, we can't quite believe that it isn't pleasurable. We fear missing out on something.

We then start consuming occasionally, satisfying withdrawal symptoms between one session and the other. The primitive part of our brain registers these sessions as "pleasurable" since they are capable of removing a bad sensation (the pangs), so it recognizes this pattern as useful and saves it for future use.

Withdrawal symptoms are always here, so we prefer to remove them on occasions of stress, boredom, concentration, and many more to feel better. This creates a cognitive distortion, we start to *believe* that porn is really helpful and pleasurable in some way.

As time passes, the damages of porn become more and more limiting, so we decide to quit. Believe me, every user tried to quit at least one time, or anyway would like to do so in the deep of his heart, even those who consume porn very rarely. The problem is that the beliefs of the previous point make things difficult because we are convinced that they're the truth.

Plot twist: they are not. Porn is like a leech that is robbing you with the promise that it will pay you back but at the end that never happens.

> *Porn doesn't fill the void, it creates one.*

It is like a terrible irritation, if you insist on scratching it, it will only get worse! Stop scratching it, and let your body use its natural abilities to return to its normal state.

Once you stop consuming, stressful situations will be more bearable, and relaxing situations will be even more so. Boredom will be filled with interesting activities, and if you'll need to focus you will be able to do so.

I'm not telling you these things because they are *functional* to our goal, which is to quit. Sure, they are functional too, but more importantly, **they are the truth!** That's just the way it is! I'm a very open-minded person, and I don't like to be so dogmatic, but I have to make a big exception here!

Do you know what's a great comparison? Mafia. Exactly, what do they do? They smash your window, then offer to fix it! So kind! And then what? They smash it again! And so every month! Mafia is a deep-rooted problem, but pornography can be wiped out of your life simply by stopping consuming because nobody forces you to do it and pornography only solves (partially) the problems it creates. Your body will fix itself in a short time, and then the road will be all downhill.

There is no rational reason to consume, in fact, no one will want to continue after *fully understanding* the mechanism of the trap.

You can do it if you want to keep your head on the sand, but I don't think it will last long. Your brain by now has absorbed pieces of information that match reality and it will never let them go.

Chapter 4 – Am I giving up something?

Nothing, nothing, nothing! Smile, because there is no reason for you to continue destroying yourself! You never signed any contract with porn and so you can quit it at any time if you want to! You only went to the deals because you thought you were actually going to get something out of it, but you have been scammed all these years! No one has ever gotten anything out of pornography except for the owners of the porn sites, who have been ripping you off for money.

4.1 – Porn creates the void, it doesn't fill it!

Not only you're not giving up on anything, but beautiful advantages are coming to you! Among them:

- **Being free from guilt:** I think this is the best. I'm finally free of those disgusting and perverse thoughts, I don't have to feel bad for the way I spend my time alone and no longer feel guilty for destroying myself.

- **Freedom from slavery:** you're free to live by your own rules, without false and limiting beliefs.

- **Road to self-improvement:** you'll get back your natural receptors! They will fix themselves in a matter of days and after that things will only get better! The more you engage in rewarding activities, the more they will get stronger, and your rewards system will assist you in all of this.

- **Getting your courage and self-esteem back:** apart from the low self-esteem due to the awareness of spending time in a disgusting addiction, your damaged receptors didn't allow you to cope with stresses and difficulties. With your natural receptors back, you'll be a more confident person.

It feels so good to be free! If you used to consume four hours a day, you now have four hours to invest in your family, your partner, your friends, or yourself. You can spend time in relaxing activities and creating connections with real people: porn models don't have any sympathy for you just because you're their biggest fan.

And... damn. I knew that we would come to this point, but I didn't want to think about it. So, we saw the considerable advantages of being a non-user, and now, reluctantly, I have to do something I never thought I would do. I am a rational, objective, but above all honest person and it would not seem right to me to skip this step. As much as this causes me pain, in the next chapter, we will have to address the advantages of being a user.

Chapter 5 – The advantages of being a user

Chapter 6 – Users strike back

I know, I initially promised to not scare you with the damages of porn, but the truth is that, at this point, you shouldn't be scared anymore. You should have understood that porn is complete nonsense.

Here are some statements that users typically use to defend themselves. I was a user too, and I used them to feel less bad about my addiction:

- *"Anyway, I will eventually age and stop having sex..."* – I don't see what the destruction of one's cerebral receptors has to do with sex. Moreover, it is indeed true that you'll not always be performing, and that is exactly why you should care about your sexual health! Excessive masturbation and porn use lead to PIED, and even if you don't have it, you're still creating impossible standards for your potential partners. Take care of your body while it still works!

- *"I prefer a shorter, but more intense life"* – Finally, I agree with you! Wait... are you suggesting that a user's life is more intense than that of a non-user? A life of self-guilt and self-destruction for unnecessary slavery?...

- *"I'm single, what should I do?"* – We have already seen how porn has nothing to do with one's sexuality and relationships, in fact, porn only ruins these two aspects of life. Moreover, the user is destroying his ability to find a partner by reducing his self-esteem and confidence. When you watch porn, you are directly diminishing the chances to do what you're seeing.

- *"I'm not worried about the dangers, we all get sick or run into some bad luck sooner or later anyway!"* – that's true, but asking for trouble doesn't seem wise to me. Try asking a user the following:
  - You're not worried about the dangers?
  - *No. I could get hit by a car tomorrow.*
  - Would you voluntarily get hit by a car?
  - *Never.*
  - Do you look both ways before crossing the street?
  - *Of course.*

Users are concerned about their health, but their beliefs make pornography appear to them as if it were something precious, transcendental. They worry about not getting hit by a car even though the probability of that happening is very low, yet they continue to consume with the certainty of destroying their body and mind and act like it doesn't bother them at all.

6.1 – I only use "soft" content

Many users accept the dangerous nature of porn, and they fall back on "softer" content, such as Instagram models, "hot videos" on TikTok, and things like that on various

sites and social networks, the more traditional will flip through old porn magazines.

These users think they are staying in a "safe area", but there are three problems here:

- **The nature of the trap is the same**. You're exposing yourself to a lighter but constant dose of dopamine. You're still feeding the Addiction inside yourself and you're damaging your brain, and you're not gaining anything from the whole process.

- **You're reinforcing the false belief** that you need the dopamine surge to be happy, and that orgasm is essential, too. You're teaching yourself two deleterious concepts. Dopamine is a substance meant to be managed by our brain, its manipulation leads to bad consequences and no benefits. You don't like the dopamine surge, your Addiction does.

- **You're forgetting the nature of the trap:** we are dealing with an ADDICTION, this means that this mechanism is designed to ALWAYS INCREASE and not to decrease or to remain constant. If so many people are hooked on addictions, it means that we're vulnerable and this mechanism works very well.
  Don't get fooled, right now the "soft" models are enough, sure, but sooner or later your brain will prompt you to escalate to more stimulating content – dopamine is the deal, not pleasure.
  This kind of user is destroying himself and will feel

doubly deprived because he won't be able to access more shocking content.

Don't you remember? This is exactly what you thought when you were younger, at the beginning of your addiction: *"I will only watch these soft images, the others are disgusting..."*, and yet things have slipped into an undesirable direction.

> You will never have your addiction under control: in fact, this is a contradiction. An addiction, by its nature, has to gain control of the addict in order to survive. You are either in, or you are completely out.

Keep this in mind: you don't watch porn because you like the women/men you see, you do it to satisfy your Addiction's hunger for dopamine.

6.2 – "I quit, word. I just consume that little bit every now and then"

Some claim they've quit and they just consume porn very very sporadically. First off, I strongly doubt that their consumption is as sporadic as they claim it to be; however, even if they consumed, let's say, two times a year, they would still be kidding themselves.

First of all, I echo what I said earlier: if you like it, feel free to do it as much as you want, and if you don't, stop completely. If you brag about how little you do it, it's because you feel compelled, trapped; and everyone who consumes pornography feels trapped.

Besides, let's face it, consuming pornography is like slapping your own face: you get hurt and gain nothing

from it. Clearly, it's better to get two slaps a year than three hundred and sixty-five, but the question is always the same: *why don't you just stop?*

This user still lives by his old false beliefs and this makes him vulnerable. In a moment of weakness, he could go back consuming at the old rates, if not worst.

Even if he managed to limit himself throughout his life, he would still be slowly destroying himself, and remember: *he will spend his entire life wanting to consume more than twice a year. He will spend a lifetime struggling to control his impulses and feeling deprived of an illusory pleasure. Don't be like this user. Don't be a user at all.*

6.3 – Will I miss the fun?

Don't be deluded by users who seem to enjoy porn. Remember that you too were once convinced that it was enjoyable, yet it was one big illusion. No matter how realistic an illusion is, *it's still a farce.*

Sometimes it may seem that users love to watch porn because they're used to satisfy the withdrawal symptoms in pleasurable moments: after a day of work, during a day off, after sex, etc.
After all, if I were forced to wear tight shoes to enjoy when I take them off (that's what users do!) I would probably choose to take them off after work, so I would be doubly satisfied. Thank goodness, no one forces me to wear tight shoes though, and I'm not dumb enough to make that choice.

When I come home from work I thank my shoes for being the right size (just as non-users thank for having intact

receptors) and I can enjoy my callus-free feet (just as non-users enjoy their better physical and mental health).

A wonderful life for users, am I right?

Chapter 7 – The withdrawal symptoms

When a user decides to quit, the withdrawal symptoms are usually seen as the most painful of all tortures. Like all the rest, this is an illusion, too.

Withdrawal symptoms from dopamine addiction are nothing more than a little feeling of "emptiness", as if something is missing. In fact, our brain recognizes that something that we are used to is missing, namely the dopamine surge.

Users perceive withdrawal symptoms as powerful feelings of pain simply because they connect them to a sense of renunciation, caused by false beliefs.

> About 80% of the withdrawal symptoms are actually a feeling of anxiety. This anxiety is caused by the sense of renunciation towards porn – which you shouldn't have.

Now that we understand that withdrawal pangs are nothing scary, we must change our reaction to them:

WITHDRAWAL SYMPTOM > *"I MISS PORN!"* = ANXIETY, FEAR, DOUBT

WITHDRAWAL SYMPTOM > *"IT'S SO GOOD TO BE FREE!"* = FEELING GOOD, FREE, CARELESS ABOUT THE LITTLE SYMPTOM

If you keep thinking that you're giving up something valuable, your mind will be anxious. But if you think *"How happy I am to be free!"*, you will perceive the pang for what it is: **the Addiction dying inside yourself.**

> You're not giving up on porn, you're freeing yourself from it.

So we now understand how the "terrible withdrawal symptoms" are only caused by one thing:

DOUBT

Users who see reality through the old lens (the false beliefs) will have powerful reasons to stop the first day, but in a moment of weakness, they will start doubting their choice and eventually slip back into the trap.

Doubt creates anxiety because you feel deprived of your illusory "pleasure" and "crutch". This anxiety is mistaken for a withdrawal symptom; this is why one can have "withdrawal symptoms" even after years of abstinence: *because they are in your mind.*

> Your body heals itself, but you have to take action to heal your mind.

There's no need to be doubtful about your choice because there are no advantages in porn. You know **instinctively** that this is the only right choice.
Your Addiction inside you is feeding your mind with

doubt, but if you listen closely to your rational self, the message is clear:

"Quit! Quit! QUIT! FOR YOUR OWN SAKE, QUIT NOW AND FOREVER!"

You always knew that quitting was the right choice, it was just doubt that stopped you.

In the next period, you will feel the withdrawal symptoms. How much will they last? It depends, in most cases, they will last for one week or two; I've seen a max of three weeks. Anyway, their strength (which by the way is minimal) will gradually lower with time.

With the right mindset, withdrawal symptoms won't be annoying, but will rather be **a sign of health, of liberation**, and will remind you how good it is to be free from the slavery of porn.

However, for the next days, weeks, and, most probably, even for the next months, you will live with the core of your addiction, and that is the physical addiction. Don't be scared, **there's nothing to worry about**. Let's go ahead and see what I'm talking about.

Chapter 8 – The Addiction

You've destroyed your old and false beliefs, but that doesn't mean that the physical addiction is not there anymore. Your rational mind has well-absorbed the message: *porn has no benefits*, but your primitive mind still seeks dopamine.

When you get addicted to a substance, your primitive mind believes that the substance is essential in order to live: like food, water, or sleep. For dopamine, there's an entity in your mind which firmly believes that dopamine is a must-have for you to survive.

> We will call this "entity" the **Addiction** – with the capitalized "A".

Your Addiction doesn't understand that porn has no benefits. The new information you just acquired is not understandable by your Addiction.

Your Addiction doesn't understand why you're so difficult about getting some dopamine.

Your Addiction would love if you would just stop fussing over all of this and provide dopamine, for the sake of things.

Your Addiction resides inside the brainstem, which is the most primitive part of our brain. Here, there's no space for "good" or "bad", "poison" or "medicine", "health" or "disease", only two things are understood:

Survival or death

Explaining that porn is not functional to survival due to a long series of side effects and damages *is of no use*. Your Addiction won't understand.

Your Addiction is that little voice that constantly puts you in doubt about your choice. It is pretty persistent. It will bring up thoughts about porn, even if you're happy about having quit.

Your Addiction thinks that you will die without dopamine and that is exactly why it will constantly remind you that you should get some.

In the next days, weeks, and months, your Addiction will talk to you, trying to get you to consume. It will gradually decrease its presence over time, but it will spawn every now and then. You'll hear your Addiction sporadically talk also after months of freedom.

Remember: **YOU ARE NOT** your Addiction. You are the *owner of your body*. Your addiction is just a part of your brain, namely an organ of your body.

For instance: your stomach doesn't care if you're on a diet. It doesn't care. You got it used to a certain amount of food and it will ask for that exact amount.

It has NO INTEREST in YOU, your life goals, your fitness plan, or whatever you as the *body owner* decide to do with

your life. This is not its business. Its job is to ask you what it thinks is the correct amount of food, end of it.

Just like that, your Addiction will ask you for dopamine. For you, as the body owner, this is wrong because you're gonna destroy your life, your goals, etc.
But your Addiction has no visualization of the future and your goals, the only thing it worries about is the present moment. It wants to ensure that you get dopamine **now**.

Your Addiction is nothing more than a precise and efficient mechanism prompting for survival needs. Your job, your relationships, your hobbies, are nothing to it. It doesn't care about your long-term happiness.

You are not your Addiction. You are a healthy and mindful owner of a capable body, *you care* about life, health, happiness, rewarding challenges, hobbies, people. This is you.

Your Addiction *doesn't care*. **It only cares about the high life.** It wants the high and will ask for the high, at all times. It's pretty stupid and will not take objections.

It doesn't matter how much you are sure of your choice to quit. Your Addiction will ask, ask, ask, and ask again.

No worries, your Addiction speaks likes it's the boss, but *it has no power over you*. Your Addiction is just a little stupid voice, with no arms and legs. You own your arms and legs.

Raise a hand. Good, now ask your Addiction to raise a hand. Persist. Ask again! Challenge your Addiction! Your Addiction can't do so. Where's its power? It can only yap about getting high. Such a powerless Addiction.

You must understand that you are **superior** to your addiction. Do not be scared of it, rather look at your addiction as an inferior entity.

You've been its slave for so long, but as you see, it only has the power when you listen to it.

8.1 – Go against the Addiction

Now, just think of your **whole life** without porn. Don't just think normally, think deeply, picture that. Picture yourself living without porn till the day you die.

You will notice that you'll have mixed feelings about this. On one hand, you may have a sense of liberation, a feeling of hope. On the other hand, you may feel somewhat doubtful and unprepared about your choice.

You are the first feelings, the ones of liberation and hope.

The last feelings are the Addiction. The Addiction reacts to your thoughts and understands that you're cutting it off. Your Addiction doesn't accept that you're gonna live a whole life without porn.

Your Addiction will not accept thoughts of complete freedom while it is alive, it will say: *"Well, you can't be sure that you won't ever slip back in the trap... maybe, one day..."*.

Don't worry. You are not doubtful, this is just your Addiction suffering. It is going crazy because things are getting very bad for it. Its reign of terror is ended and it wants the power back. No way it can get it. That stupid Addiction is a powerless little entity.

Your Addiction will speak in your thoughts. It will try to make you doubtful about your decision. But who cares? You have free will, you can decide to never watch porn again, and that's it, you'll never do it again.

No point in demonstrating to your Addiction your decision to never watch porn again. It wouldn't understand anyway, it just wants to doubt, doubt and doubt.

Now please listen closely: EVERYTHING, every thought or feeling that suggests the present or future use of porn is the Addiction. No *body-owner* wants to watch porn after understanding its real mechanism.
So I want to make it clear that ANY thought, feeling, or whatever may lead you to porn, now or in a possible far future, is just your Addiction talking.

Your Addiction loves the idea that one day you'll slip back inside the trap. It supports the use of porn, so don't worry if it looks like you still crave it – remember that it is not you, it is the Addiction, your animal side that can't understand logical thinking.

Your Addiction can be deceptive. It will use your own thinking to trick you. It will instill little doubts here and there. It will make false affirmations about porn as if it was you.

At its roots, your porn addiction is all caused by the Addiction. It is the same entity that led you to believe the illusions of pleasure, stress, concentration, etc. It used them to keep you in the trap, unaware of the slavery.

Now it's stripped of every mask. You can see your Addiction in its smallness. A little deceiving thing.

8.2 – Challenge the Addiction

Your Addiction can and will die. While it's alive, it will act as you'll never get free of it, but remember: it's a little helpless entity. You will get free of your Addiction, the more you deprive it of porn, the more it will go towards its inevitable death.

How much time it will take for it to die depends on you: if you keep listening to your Addiction, rationalizing its claims, arguing with it, you will give it power.

Don't. You don't have anything to say to your Addiction, it's a stupid thing, incapable of understanding logic and common sense. The more you argue, the more power you give it.

> **Remember:** the Addiction doesn't talk with users who don't want to quit, because they're used to satisfy its hunger at all times.
> When the Addiction is talking, it is a sign that things are turning badly for it. Very badly. No more porn, forever.

Your addiction will scream when you make statements like *"No more porn for the rest of my life"*, in fact, it hates this idea.

In the next days, you may re-read this book, or you may talk about quitting with someone, and you may notice some discomfort while doing this, or even while thinking about doing this: your Addiction doesn't approve these behaviors.

Your Addiction thinks that your porn-recovery ideas are stupid and useless. It thinks that you're the worst body-owner to ever exist.

Such a stupid Addiction, with no understanding of how life really works.

Your Addiction always likes to **speculate on a possible future** in which you'll slip back into the porn trap. It is its favorite hobby. It will try to convince you that in some mysterious way you'll fall again for the slavery.

Your Addiction will constantly look for a little, even microscopic, chance that you'll start consuming again. Hopeless Addiction.

8.3 – Beat the Addiction

Now think: *"I will never watch porn again"*. Don't just think it, **mean it**. Picture yourself and your entire life with the benefits of being a clean and happy person.

Re-affirm this thought as much as you want. You will feel discomfort inside yourself. See? The Addiction is suffering. The Addiction hates this. The more you affirm, the more you are real about it, the more your Addiction will suffer.

> The more details you imagine, the more you'll beat up your Addiction. For example, imagine something that your Addiction always denied to you.
> Let's say: *"I never did rock climbing, cause porn addiction destroyed my motivation"*.
>
> Now picture yourself as a rock climber for the rest of your life. Imagine yourself doing it every weekend and becoming better and better at it. Your Addiction hates this.

You will become a rock climber, you have no doubt. Your Addiction is trying to instill doubt in you, but it has no power. It can only talk, talk, talk. Little boring thing...

Your Addiction likes to think that you'll have a peek at some porn site someday, even a little one. It will make you feel like it is inevitable.
Your Addiction genuinely thinks that it is not possible to live a life without porn. Your project seems crazy to it. But you know better than it, so who cares.

Your Addiction will constantly try to rearrange your emotions and thoughts to sustain the high life. But you are in charge, your Addiction is not. You are the decision-maker, your Addiction can only suggest. And its suggestions go directly in the trash.

Imagine yourself as an older person, looking back and seeing your life: a clean life, a life free of porn. This is a nightmare for the Addiction.

Now picture yourself watching some porn. Tease your Addiction. Feel how it is so relieved that you're getting "back on track". Now tell your Addiction that it'll never see porn again. Mean it. Feel the discomfort. It is the Addiction slowly dying.

Maybe one day you will slip back into the trap. No worries, you will just have given more fuel to the Addiction, which will wake up and start suggesting again to watch more porn. Repeat the process, beat it, feel the discomfort and let the Addiction die.
Just acknowledge that you've made a terrible error and **you can decide** to never do it again. You're free of porn

every time you decide so, and the fact that your Addiction doesn't approve your choice has no importance.

Remember to *never argue* with your Addiction. Arguing and rationalizing only gives fuel to the Addiction. If you argue, it means you're still considering it.

Your Addiction will gradually die over time. This also depends on you. The less fuel you give, the quicker it will die. On the first days of freedom, its presence will be greater. You'll hear your Addiction lurking in the back of your mind even after weeks and months, with less power and presence. Remember to not be scared, you are superior to it. *Rejoice, because you are free from its slavery. It is just a little, powerless voice.*

8.4 – Accept its presence

Do not try to make your Addiction go away immediately. You have indirect power over it, and you can kill it with time, but you can't decide to make it go away right now.

If you want to make it go away immediately, that means that you're scared. Don't be! *Remember: it talks like it is the boss – but it is nothing.*

So don't argue with it, don't chase it away, just recognize that it is the Addiction talking. Recognize its presence, accept it, **take it as a sign of health and freedom**, not as slavery. Recognize that its talking is a sign of its slow but steady decomposition.

Don't give it space. Your Addiction doesn't deserve anything. Accept the discomfort and do your own thing.

Sometimes its presence will be greater, sometimes it will be asleep, lurking in the back of your mind.

Your Addiction liked you because you have arms, eyes, and everything that was needed to remain addicted – it liked to use you to satisfy *its* hunger for dopamine.

Your Addiction will try to discourage you from doing the normal and joyful activities that you couldn't do before, but you must act in spite of it.

You can't go rock climbing it says? Then go rock climbing. It will suffer because you're doing whatever you want. That's a double win! Do whatever you want then! It's your life, not its!

This life is yours, yours, YOURS!

Chapter 9 – The last visit

Yes, we're going to make one last visit to a porn site. Just pick your habitual old source of dopamine, be it a specifically pornographic website, or some magazine, or a social network's page, etc.

You'll feel your Addiction getting excited for this moment. I'm almost sorry to give it false hopes... Nah, who gives a damn, it deserves this. We're going to visit your old dopamine source so that you can clearly see the true face of porn.

So let's go ahead and open the website. Now look a the images/videos and feel the reaction of your body. Heart skipping beats, anxiety, high libido, etc. It's the Addiction, with its mouth watering: it wants its useless and destructive fix.

> *You* don't like the contents, *the Addiction* does.

Look at the contents and notice how they always go towards the more shocking and extreme. Or maybe they don't because users who frequent that site believe they can make it out with soft-core porn *(pro-tip: they never do).*

Keep looking at the contents on the page and try to **completely ignore** your Addiction. Think rationally and tell yourself what is the value of what you're seeing right now.

Nothing.

Nothing. Porn has no value. It's just a bunch of pixels, only capable of giving out dopamine for the Addiction. What do *you* care about it?

What do you, as the *body-owner*, care about porn? You don't care. It is a trap, an illusion.

Now look again at the porn site and tell yourself: *"I'm never going to watch porn again. And I will never change my mind"*. Make a solemn vow.
Your Addiction will suffer so much. Just re-affirm this as much as you want. The Addiction will try to tell you that you like porn – recognize it. Look how desperate it is.

You may now close the website. The Addiction had a little fix by watching and now it feels doubly deprived of its "pleasure". It will babble about seeing some more. So pathetic.

The Addiction is the root of the trap. Even when you still had the false beliefs, it was the Addiction that pushed you to believe them. It was never *really* you. The Addiction is the engine of the porn trap, everything rotates around it.

That dull, powerless, insignificant, dopamine-seeking little thing.

Chapter 10 – Conclusion

Congratulations, you're a non-user. You've just joined the community of all those people who successfully escaped the most subtle and disgusting trap of history, and now have the amazing opportunity to be happy.

Don't have any doubt about this choice. You'll never actually have doubts, it will always be the Addiction. Users never enjoyed watching porn, and never will.

If one day you start again, remember that it is the Addiction's deceiving game fault, and it is the Addiction you have to beat.

You are free at the moment you decide to be so. Don't plan to be free tomorrow or next month. Your Addiction only fears the deprivation in the present moment, so make sure to quit right now.

Pass the word

As a final point, I want to ask you to not just enjoy your freedom, but to give me a little help in spreading the truth and letting the world know that it is possible to escape porn addiction. Consider how many people there are who don't even think that pornography is harmful!

It is enough that you share this book with your acquaintances, friends, colleagues, or any person who uses pornography. Remember, even casual users consume because they don't know how to stop, in fact, no person in the world is happy with consuming pornography. Whether it's in real life, or on some forum, online community, or social network, recommend this book to those in need.

Pornography is a billion dollars business, just under 10 billion dollars a year to be precise. All this money is being made on the backs of poor users who are so desperate to buy subscriptions. Even those who don't buy anything are filling their pockets by seeing the ads.

Do you think that the industry is unaware of the harmful nature of pornography? They know it perfectly well! Why else do you think porn sites are filled with increasingly shocking and extreme videos, is that a coincidence? As soon as they notice that a trend is on the rise, that's when they churn out new videos!

They are making money hand over fist by destroying the lives of men and women who would otherwise be full of energy and vitality. Not to mention all the people who have fallen into depression or even committed suicide after intimate photos and videos were shared on pornographic sites. The owners of the sites refuse to control everything that gets uploaded, this means they turn their backs on justice and even profit from videos of poor people who are no longer with us.

Do you see the gravity of the situation?

If everyone starts spreading the word, then the world will soon realize that pornography is not "sex education".

What yesterday was a small group of users who wanted to escape from pornography today is a community of hundreds of thousands of people fleeing from this sinking ship. I hope that soon there will be no one left on board.

thebooktoquitporn.com

"If I am not this fear, then who am I?"

Additional resources

YouTube –Crash Course on AVRT: a quick video explaining how to deal with the Addictive Voice (the Addiction) – very useful.

https://youtube.com/watch?v=HVxWYUvXoXU

***"Rational Recovery: The New Cure for Substance Addiction"*, by Jack Trimpey**: the book that introduced the AVRT (Addictive Voice Recognition Technique), a very recommended read if you want to learn more about the Addictive Voice. You can find the book on Amazon.

The EasyPeasy Method: another rewrite of the original hack book of Allen Carr's method. Recommended read.

https://easypeasymethod.org/

EasyPeasy method subreddit: a great place to discuss the EasyPeasy method (and this one, too) and to reach out to other fellow quitters.

https://www.reddit.com/r/pmohackbook/

Contact me: Reddit: u/erase-reddit
e-mail: mail@thebooktoquitporn.com

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